

## **Abstract**

**Title:** The level of balance skills of Teamgym competitors

**Objectives:** The aim of the thesis is to compare the level of balance abilities between participants in systematic sports training in Teamgym and non-sports group.

**Methods:** The theoretical part of bachelor thesis is processed czech and foreign literature, which is engaged in gymnastics and Teamgym. It also deals with balance abilities, selecting the proper motor tests and measurement theory. The practical part is devoted to the measurement, which took place in the field, followed by data processing. They were used noninvasive methods of measurement. Selected tests are standardized.

**Results:** Based on the processed results, we can say that a group of Teamgym competitors has developed better the balance skills. In non-sport group we noted above better individual results in static and dynamic balance skills. The results can show us the group of Teamgym competitors have better in balance skills than non-sports group.

**Keywords:** gymnastics, Teamgym, balance skills, testing